



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLC YMCA 2020 CABIN FEVER RELIEVER

Boys & Girls 5th & 6th Grade Tournament

Rules & Guidelines (8 Team Max)

- Team roster is limited to 12 players.
- The coach of each team is responsible for the proper conduct of his/her players, other coaches and fans associated with the team. Improper behavior will result in forfeit.
- A team should consist of girls in the 5th and 6th grades only or boys in the 5th and 6th grades only. Participation is open to all YMCA's, recreation departments or similarly organized teams/programs. No AAU teams.
- All team should arrive 30 minutes prior to their game.
- All games consist two sixteen minute halves. The last two minutes of each half the clock will stop.
- Basket height set at 10 feet
- The time will stop for time outs and injuries only.
- The 3 point line will be used.
- Half time interval will be five minutes.
- In the event of a tie there will be a 3 minute overtime.
- Each team is allowed two 30 second and two 60 second timeouts. Each team receives one 30 second timeout and one 60 second timeout in each overtime.
- There is no pressing with a 15 point lead or more.
- Registration Fee \$175.00
- Two games guaranteed—Format TBD based on number of teams registered. **WHEN: March 20—22** Registration Deadline February 24

TIME: Bracket will be emailed to coaches / directors when tournament is full.

LOCATION: CENTRAL LINCOLN COUNTY YMCA
525 Main Street Damariscotta ME 04543
PO Box 787 Damariscotta ME 04543
Contact—Joe Clark at (207) 563—9622 and/or
jclark@clcymca.org





CLC YMCA 2020 Cabin Fever Reliever Team Roster

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TEAM NAME: _____ Please CIRCLE: Boys Girls

COACH (ES): _____

CONTACT INFORMATION:

Phone _____ EMAIL: _____

Player's Name:

Grade:

Jersey Number

1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____
8	_____	_____
9	_____	_____
10	_____	_____
11	_____	_____
12	_____	_____

Please return this completed roster with payment to:

Joe Clark— Senior Program Director

Checks Payable to: Central Lincoln County YMCA

PO BOX 787 Damariscotta ME 04543

(P) 207-563-9622 (E) jclark@clcymca.org